



# Healthy Rewards®

*If good health is its own reward,  
consider this a well-deserved **bonus**.*

*A big part of staying healthy  
is the freedom to make  
your own choices.*



# Easy choices

## More alternatives. Greater savings.

*The combination makes Healthy Rewards® an easy choice, no matter which program you use. For participating providers, call 1.800.870.3470 or visit **myCIGNA.com**.*

From acupuncture to buying natural supplements online. From an aerobics class to a therapeutic massage. You have alternatives like never before.

So how can you make these beneficial alternatives a regular part of your health regimen? That's the idea behind Healthy Rewards.

It provides discounts on health programs and services as part of CIGNA HealthCare's ongoing effort to promote wellness.

Healthy Rewards are designed for simplicity. To make the most of them, all you need are a few facts.

**All CIGNA HealthCare members can use them.** This includes you and any covered family member enrolled in any CIGNA HealthCare medical, dental or behavioral health plan.

### **A discount program, not a benefit.**

If your CIGNA HealthCare plan includes coverage for any of these

services, this program is in addition to, not instead of, your plan benefits. You must pay the entire discounted charge. Healthy Rewards are separate from your medical benefits. Discounts cannot be applied to any copayments or coinsurance for services already covered by your plan.

**No claims to file.** Your discount applies the minute you pay for services. Simply use your ID card to identify yourself.

**Participating providers are part of the deal.** Healthy Rewards discounts apply only with our participating providers. To find them, call **1.800.870.3470** or visit **myCIGNA.com**.

**No catch.** There's no time limit or maximum to Healthy Rewards if you're a CIGNA HealthCare member. Just use them whenever you need them.

# Programs

*The following pages  
highlight Healthy Rewards  
programs, which are available  
to members of any  
CIGNA HealthCare  
medical, dental or  
behavioral health plan.  
For a complete list, visit  
myCIGNA.com.*



## WEIGHT MANAGEMENT AND NUTRITION

**Weight Watchers®:** For more than 40 years Weight Watchers has been teaching people how to lose weight safely by promoting healthy lifestyles. Now you have access to three Weight Watchers programs: traditional meetings, Weight Watchers Online Subscriptions and Weight Watchers At Home. Visit [myCIGNA.com](http://myCIGNA.com) for details.

**Jenny Craig®:** This popular weight-loss program provides personalized weight loss and weight management services, including nutritionally balanced, prepared Jenny's cuisine. You can sign up for a free 30-day trial membership or take advantage of discounts on six-month and one-year programs. Visit [myCIGNA.com](http://myCIGNA.com) for more details.

**Healthyroads™ for Living Weight Management Program:** This program incorporates four important elements of weight control: nutrition, exercise, guided imagery and relaxation techniques. Includes personal progress reports to track your improvements.

**Weight Management Scales:** Need a scale? Take advantage of our special offer with drugstore.com and receive \$10 off select scales. For more information, please visit [myCIGNA.com](http://myCIGNA.com).





## TOBACCO CESSATION

**QuitNet®:** An online smoking cessation program that combines several effective methods into one easy-to-use program. Includes intensive social support, highly personalized content, access to and support for approved pharmaceutical therapies, and professional counseling. Combining these key components increases the likelihood of success compared with usual treatment or do-it-yourself techniques. Visit [myCIGNA.com](http://myCIGNA.com) for the special lifetime membership rate.

**Tobacco Solutions™:** Healthy Rewards makes it easier (and less expensive) to quit smoking. Get the help you need with discounted Novartis Habitrol nicotine replacement patches. The eight-week program includes a behavioral CD and access to a toll-free support line. You can also get discounts on nicotine patch supplies, gum and lozenges. To find out more, visit [myCIGNA.com](http://myCIGNA.com).

**Healthyroads™ for Living Tobacco Cessation Program:** Thanks to this telephonic and web-based program, tobacco users receive support and a personalized cessation plan to meet their individual needs. Quit today for a healthier tomorrow!



## FITNESS

**Fitness Club Memberships:** Receive fitness club memberships at reduced rates. Simply choose a participating facility and you'll have access to fitness activities from aerobics to weightlifting.

**Just Walk 10,000 Steps-a-Day™:** A fun, easy way to fit regular exercise into your busy schedule. The eight-week program includes an ACCUSPLIT X 120 pedometer, online tools to log daily steps and track progress, and educational materials that include a walking handbook and stretch card with illustrations. Visit [myCIGNA.com](http://myCIGNA.com) to register.



## MIND/BODY

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**Yoga Journal:** Yoga can reduce your stress and increase your flexibility. Now you can save money through several Yoga Journal offers, including discounts on annual subscriptions, DVDs, and conferences.

### Healthyroads™ for Living Mind/Body

**Program:** The use of positive mental visualization and relaxation techniques can help employees to lose weight, quit smoking, reduce pain, prepare for surgery or even cope with chronic illness.

**SpaFinder™:** Go to a spa to lose weight, get in shape, escape from daily stresses, or simply relax. CIGNA members have access to over 3,500 participating facilities including day, destination, hotel, and medical spas (for a complete list, visit [myCIGNA.com](http://myCIGNA.com)). Members receive 10 percent off gift certificates with free ground shipping.



## VISION AND HEARING CARE

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**Exams, Eyewear and Contacts:** Healthy Rewards offers discounts on exams, frames, lenses, contacts and accessories at thousands of eye care locations nationwide, including LensCrafters®, Sears, JCPenney, Pearle® and Target.

**Lasik Vision Correction:** A technique that may reduce or eliminate the need for glasses or contacts. Initial consultations are free through participating providers.

**Hearing Exams and Aids:** Save on hearing aids and hearing tests. Screenings are free.



## ALTERNATIVE MEDICINE

**Acupuncture:** A painless, ancient healing technique, acupuncture can help to correct imbalances in the body caused by a variety of illnesses or conditions – resulting in pain relief and better health.

**Chiropractic Care:** Relief from pain, better mobility and improved circulation are proven benefits of this time-honored method.

**Massage Therapy:** A variety of new and ancient massage techniques that soothe muscles, tone up circulation and help to relieve pain naturally.

Reward yourself.



## HEALTHY LIFESTYLE PRODUCTS

**Mayo Clinic Books:** Get health information from a trusted source – at a discount. Choose from more than 20 topics, including fitness, women’s health and healthy aging. Receive a free premium book with each purchase. Visit [myCIGNA.com](http://myCIGNA.com) for a list of topics and ordering information.

**Magazine Discounts:** Save on newsstand prices and subscription rates on popular health, wellness, and special interest magazines, including *Fitness*, *Prevention*, *Consumer Reports*, *Bon Appétit*, *Time*, *Health* and more. Discounts apply to renewed subscriptions. Find the coupon on [myCIGNA.com](http://myCIGNA.com), print and mail it to the address shown.



## VITAMINS, HEALTH AND WELLNESS PRODUCTS

**Drugstore.com:** An online pharmacy that stocks the same health and wellness items as the corner drugstore – for less.

**Healthyroads™ for Living:** Visit [myCIGNA.com](http://myCIGNA.com) to order vitamins and herbal supplements at a discount. We’ll ship your order to your door, with no charge for standard deliveries.



## DENTAL CARE

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**Sonicare®:** Good oral hygiene helps prevent and treat gum disease and contributes to good overall health. CIGNA members can get discounts on a Sonicare Essence e5300 toothbrush. The offer includes valuable rebate coupons for brush heads and the Xtreme 3000 sonic brush. Get replacement heads for the Essence e5300 through [drugstore.com](http://drugstore.com) at already low everyday pricing. Members can aid brushing compliance and save even more on shipping by taking advantage of the auto delivery program.

**Anti-Cavity Products:** Take advantage of a free trial offer and get discounts on a wide variety of anti-cavity products from Epic, including chewing gum, mouthwash, toothpaste, mints and sweetener. These products contain xylitol, which can help reduce cavities, according to recent clinical studies.

Make a healthy resolution today.



Some Healthy Rewards programs are not available in all states. If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your medical benefits. **A discount program is NOT insurance, and the member must pay the entire discounted charge.**

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